

ROCHESTER -OLMSTED RECREATION CENTER
21 ELTON HILLS DRIVE NW
287-1386

LIFEGUARD TRAINING CLASS

Spring 2004

PREREQUISITE (Student will be tested for following skills)

- Minimum age: 15 on the last day of class
- Swim 500 yards continuously using these strokes in the following order:
 - + 200 yards front crawl using rhythmic breathing and a stabilizing, propellant kick.
 - + 100 yards breaststroke.
 - + The last 200 yards may be a mixture of front crawl or breaststroke.
- Swim 20 yards front crawl or breaststroke, dive to a depth of 7 to 10 feet, retrieve a 10-pound object and return to the surface and swim 20 yards back to the starting point.

CERTIFICATION REQUIREMENTS

- Pass one written test with a minimum grade of 80 percent or better on each section.
- Successfully complete four final skill scenarios.
- Successfully performs all critical skills.

BEFORE THE FIRST CLASS YOU WILL NEED TO PURCHASE:

- Participant's manual, "Lifeguard Training".
- Resuscitation mask/Pocket Mask (for CPR).

These items can be purchased at the American Red Cross Office, 310 14th Street SE, Rochester, MN 55904.

PLEASE NOTE: THIS LIFEGUARD TRAINING CLASS WILL BE TEACHING THE UPDATED CLASS REQUIREMENTS FOR CERTIFICATION.

CLASS FEE - \$80.00. Register at Rochester-Olmsted Recreation Center Office beginning November 24, 2003. Class size is limited.

CLASS DATES: March 23, 30, April 13, 20, 27 May 4, 11, 18

Meet at Rec. Center Pool, 6:00 p.m. on the first day of class. Each student must read and study Chapters 1-4 of "Lifeguard Training" Manual BEFORE the first day of class.

CLASS TIMES AND LOCATION: Class meets 6:00-9:30pm on all class sessions but May 18, class will meet 6:00-10pm on this date.

Class sessions are all at the Recreation Center or the Red Cross office, 310 14th ST. SE Rochester.

LIFEGUARD TRAINING CLASS WILL QUALIFY INDIVIDUAL TO WORK IN A POOL SETTING. (NOT OCEAN OR SURF BEACH).

Lifeguards are in great demand in the area so this is a good opportunity to gain employment as a Lifeguard.